



# The Journal

Vol. 29

No. 34

[www.dcmilitary.com/journal/](http://www.dcmilitary.com/journal/)

August 24, 2017

## NEX Bethesda Hosts CPO Fashion Show

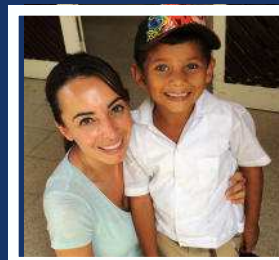
U.S. Navy photo by MC2 William Phillips



Course Teaches  
Military Tropical  
Medicine  
- Page 3



Last Week to  
Donate  
- Page 6



Honduras Trip  
Helps Providers  
Train  
- Page 7



# MCPON, OAL Speak to CPO Selectee Spouses

By MC2 Huey D. Younger Jr.  
www.navy.mil

Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano and his wife Navy Ombudsman at Large (OAL) Elka Franco-Giordano spoke to more than 220 spouses of chief petty officer (CPO) selectees at the Hampton Roads Continuum of Resources and Education (C.O.R.E.) Selectee Spouse Conference, Aug. 19, in Virginia Beach, Va.

The Giordanos, who have been a CPO family for 14 years, shared their personal experience surviving the CPO season and adapting to the new lifestyle in a question and answer forum.

The spouses asked questions ranging from coping with the absence of their spouse to managing a personal career.

“Elka and I have had those hard emotional conversations about the demand signals and careers. It’s been hard,” said Giordano. “But the best thing that we’ve been able to do is sit down and talk about it. No matter how hard it is, I encourage everybody to sit down and have those conversations.”

Giordano thanked the spouses for their supporting their Sailors.

“Thank you for being those people in our lives,” said Giordano. “We would not be who we are were it not for each and every one of you. There’s nothing better than being a United States Navy chief petty officer. It isn’t something to be taken lightly or to be treated as a shiny object.”

Franco-Giordano concluded the forum.

“Just being here can be a challenge, but you are already taking a huge step into being a part of this family,” said Franco-Giordano. “There are a lot of opportunities to get involved and be a part of this. It’s all provided by volunteer spouses who have gone through the process, so take advantage of the knowledge they are empowering you with and use it to contribute to the mess.”

C.O.R.E. offers a selection of seminars, workshops, classes, and individuals dedicated to empowering the Navy spouse, educating the Navy family and, promoting the Navy lifestyle.



Master Chief Petty Officer of the Navy Steven S. Giordano

## Bethesda Notebook

**Excavation Blasting**

Excavation blasting for the MD 355 Crossing project, managed by Montgomery County, will take place for the next several months. During that period, three to five times per week, there will be a single controlled explosive blast. Alarm horns will sound five minutes before the blast. It is anticipated that a minimal vibration will be felt, and alarm horns will be heard only by people in the immediate vicinity. In the first several weeks, traffic will be halted on Rockville Pike between Jones Bridge Road and South Wood Drive (Gate 2 at Naval Support Activity Bethesda) for approximately 10 minutes.

**Substance Abuse Symposium**

Walter Reed Bethesda’s 1st Substance Abuse Symposium will be Sept. 20 from 7:30 a.m. to 1 p.m. in WRNMMC’s Memorial Auditorium. The symposium, “Promoting Recovery Through Compassionate Care!” is open to everyone interested in learning more about substance abuse and misuse.

**Fleet, Family Support Center**

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For information, call 301-319-4087, or visit FFSC in Building 11, first floor.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher’s advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

## Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones  
Public Affairs Officer: Jeremy Brooks  
Public Affairs Office: 301-295-1803

### Journal Staff

Managing Editor MC2 William Phillips  
WRNMMC Editor Bernard Little  
  
Writers MC2 Kevin Cunningham  
Andrew Damstedt  
Kalila Fleming  
Joseph Nieves  
AJ Simmons

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain’s Office	301-319-4443
	301-319-4706
Installation SARC	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225





Military Tropical Medicine Course students are tasked with studying 32 types of parasites that have been identified in regions military personnel operate. These health risks range from simple diarrhea to Ebola and Zika.



Military Tropical Medical students are expected to understand how to diagnose diseases caused by parasites through labs, exams and other tests. Students should also understand how to work with host nation resources to support patients.



Maj. Lee McPhatter, left, of the Walter Reed Army Institute of Research and Maj. Brian Knott of Uniformed Service University of the Health Sciences, give a demonstration and explanation to Military Tropical Medicine Course students about the entomology field equipment.

# Military Tropical Medicine Course Provides Valuable Training

*88 U.S. and Coalition Medical Providers  
Take Part in Course*

Story by Lt. Cmdr. Jill Cunningham  
Photos by HM2 Ellen Gillen  
NMPDC Public Affairs

The Military Tropical Medicine (MTM) Course, led by the Navy Medicine Professional Development Center (NMPDC) and taught by NMPDC Course Directors in conjunction with the Uniformed Services University of the Health Sciences trained 86 coalition and U.S. medical providers.

The six-week annual course started July 5 and went to Aug. 11, with four weeks of classroom training and two weeks of field application to sites in Africa, South America and the Pacific.

MTM educates medical providers on historic war-time diseases and emerging infectious diseases, such as diarrhea, as well as more severe viral event outbreaks from leishmaniasis, viral hemorrhagic fever, malaria, Zika virus and Ebola. The overarching goals of MTM are to increase Force Health Protection and readiness for our beneficiaries as well as supporting Military Stability Operations. The methods of achieving these goals is through helping medical professionals identify, diagnose and provide support in a Department of Defense or host nation environment for these tropical diseases.

As more military members are deployed globally, in smaller units and often without robust medical capabilities, the training is especially critical. Force Health Protection can be a driving factor in the continued health and well-being of service members deployed to regions of the world where tropical diseases are still prevalent and quality care may be a significant distance from the military base.

The MTM training opportunities can also be tools for health diplomacy and creating strategic partnerships with our partner nations. Military personnel are also able to obtain over 120 continuing medical education credits for attending. This is highly beneficial for members. It satisfies most medical professional annual educational requirements in one event. It is a significant cost savings to Navy Medicine, and provides medical professionals valuable training they can use immediately prior to a deployment or assignment at a remote location.



**Military Tropical Medical students demonstrate their use tools to gather environmental information. This information could provide data on any animals or insects that may affect the health of personnel.**

This year's training took medical professionals from the Navy, Army, and Air Force, as well as Naval Academy Cadets, to Ghana, Honduras, Liberia, Peru and Tanzania. International military students from Cambodia, Liberia, Peru, India, Tanzania, and Canada join the class to learn and share their experiences. MTM students learned from the Walter Reed Military Medical Center staff that set-up the Ebola Unit to prepare for beneficiaries infected with the disease and hear from a doctor from the Armed Forces of Liberia regarding his experience in Liberia during the outbreak of Ebola.

Members of the medical community who cannot make it to the six-week training have other opportunities to receive this critical training. "Mini-MTM" classes are available at the request of the unit/command and the course director can take the class to the unit/command, if requested. Mini-MTM is a week-long classroom-only class geared toward enlisted and officer medical staff with key topics from the six-week course. This class has previously been given to





# Bethesda Navy Exchange Hosts CPO Fashion Show

U.S. Navy photos by MC2 William Phillips  
NSAB Public Affairs

Naval Support Activity Bethesda’s Navy Exchange (NEX) held their 2017 CPO fashion show Aug. 16. The fashion show was a way to display the proper wear of the chief uniform for chief petty officer selectees. Immediately after the uniform portion of the show, a moment of silence was held for Chief Hospital Corpsman Obi Nwagwu, who passed away earlier this year. The second half of the show allowed participants to “strut their stuff” in civilian clothes provided by the NEX.





# Symposium Focuses on Combat, Operational Stress Control

## Speakers Discuss PTSD, Embedded Mental Health, Combat Attachment

By Bernard S. Little  
WRNMMC Command  
Communications

Focused on care of the mind and spirit of service members, Walter Reed National Military Medical Center hosted the 2017 Combat and Operational Stress Control Symposium Aug. 2.

The Naval Center for Combat and Operational Stress Control organized the day-long symposium for the greater Navy and Marine Corps psychological health community.

“Our mission is to optimize Navy and Marine Corps psychological readiness through development, aggregation and dissemination of best practices and innovations in the prevention of and restoration from psychological injury and disease,” explained Navy Cmdr. (Dr.) Jeffrey Millegan, NCCOSC director. He added a goal was for attendees to leave the symposium “with increased clinical knowledge and a renewed inspiration to nurture their ideas into the innovative solutions for tomorrow.”

This was the eighth annual symposium, and its speakers addressed multiple aspects of psychological health including the Veterans Affairs/Department of Defense Clinical Practice Guideline for Post-Traumatic Stress Disorder, personal firearm safety, the benefits of embedded mental health services in deployed units, enlisted behavioral health information, global mental health engagement, and the hidden variable of combat attachment behaviors.

### PTSD

Dr. Charles W. Hoge, a retired Army colonel who directed the research program addressing psychological and neurological consequences of the Iraq and Afghanistan wars at the Walter Reed Army Institute of Research, discussed the new VA/DOD clinical practice guideline (CPG) for PTSD. He served as an attending psychiatrist at the former Walter Reed Army Medical Center, providing treatment to warriors and family members, deploying to Iraq in 2004 and traveling throughout the region to improve combat stress care in the field. In 2011, he deployed to Afghanistan as a civilian provider for service members, veterans and family members.

According to Hoge, more than 2.5

**“PTSD exists on a continuum of normal reactions to trauma. Most of the reactions that occur after trauma are normal reactions, [but] it’s only when those reactions interfere with one’s life, [such as] one’s ability to have happiness or ability to have meaningful relationships, that we start to talk about it as a disorder.”**

**Dr. Charles W. Hoge**

million U.S. men and women have deployed to Iraq and Afghanistan and faced considerable challenges including possible attack and ambush, knowing someone seriously injured or killed, seeing those injured and not being able to help, and being wounded or injured themselves. He explained war is often as challenging on the mind as it is the body.

“PTSD exists on a continuum of normal reactions to trauma,” Hoge explained. “Most of the reactions that occur after trauma are normal reactions, [but] it’s only when those reactions interfere with one’s life, [such as] one’s ability to have happiness or ability to have meaningful relationships, that we start to talk about it as a disorder.”

He added that many of the symptoms of PTSD are also “adaptive beneficial functions in the combat environment. You want to be hyper alert in that environment (situational awareness). You want to be able to channel your anger in a way that is useful [within the combat environment]. Anger is the adrenaline [and the] energy that gets the mission done. [This can] obviously can cause problems for people when they get home, but [anger] is an emotion our service members learn to channel. It helps to control fear, physical pain, and gives the focus and concentration one needs in combat. Also, being detached or numb, which can really affect relationships when our service members come home, stems from that emotional control in very difficult circumstances [such as combat]. Even when one loses a team member, you have to be able to go on with the mission, which is very difficult.”

Reliving the combat experience (often associated with PTSD), guilt or second-guessing is part of the normal human response to try and figure things out and to learn from it, Hoge continued. He added this is deeply rooted in military training.

“There is no on-and-off switch for the physiological responses to trauma,” Hoge explained. He said these responses affect the entire body through the autonomic nervous system, which controls breathing, digestion, blood pressure and other functions.

It’s not helpful for people to use alcohol or substances to self-medicate in order to deal with PTSD, Hoge

stated. “They may seem to help at first, like for instance getting to sleep, but it only makes things worse [in the long run],” he added.

“Figuring out ways to dial back the physiological reactivity is very important,” Hoge continued. He said research has shown positive relationships with loving people with whom service members can share their experiences can be healing. Acceptance, self-forgiveness and humor are also important for those facing PTSD challenges.

Hoge said reducing the stigma of mental illness is very important. “Very likely all of us are touched by mental illness in one way or another either personally or by a close family member or friend. Oftentimes we bear those struggles as if we’re alone, when in fact we are connected to everyone in this experience in one way or another.”

He added that after nearly two decades of war and extensive efforts

to improve care, approximately 50 percent of service members and veterans with mental health concerns still do not receive the care they need. He said a big hurdle is service members and veterans who start mental health treatment often drop out, most often due to stigma perceptions (“I would be seen as weak.” “It will harm my career.”); organizational or other barriers (“It’s too difficult to get an appointment or to take time off work.”); belief in self-sufficiency (“I should be able to take care of problems on my own.”); and negative perception of mental health care (“I don’t trust mental health professionals.” “I didn’t like the treatment offered.” “I felt judged or misunderstood.”).

“The most promising strategies to improve treatment efficacy are those that address engagement, therapeutic rapport, and treatment retention,” Hoge said. He added the VA/DOD Clinical Practice Guideline for PTSD (2017) offers evidence-based treatment recommendations. The CPG recommends individual trauma-focused psychotherapies, particularly Prolonged Exposure

See **STRESS**

Page 8

**VINSON HALL  
RETIREMENT COMMUNITY**

**Independent Living,  
Assisted Living,  
Healthcare, and  
Memory Support**

Vinson Hall Retirement Community is located in idyllic McLean, Virginia. As a resident-focused Life Plan Community, we value independence and individuality. We offer luxurious independent living residences for military officers, their immediate family, and government employees of equal rank.

**Call Today  
703-536-4344**

**www.VinsonHall.org**

**6251 Old Dominion Drive  
McLean, Virginia 22101**



# Nursing Staff On Journey To 'Pathway to Excellence'

By Bernard S. Little  
WRNMMC Command Communications

Walter Reed National Military Medical Center's Directorate of Nursing is well on its journey to Pathway to Excellence (P2E) designation, said officials from the American Nurses Credentialing Center (ANCC) during a recent briefing at WRNMMC.

P2E designation by the ANCC recognizes health-care organizations that promote and sustain a safe, positive and healthy work environment for nurses, which leads to better outcomes for patients. To earn P2E status, an organization must integrate specific P2E standards into its operating policies, procedures, and management practices. The ANCC grants P2E designation for four years, which is earned through a comprehensive review process.

During the July 17 meeting, ANCC officials Jeff Doucette and Patience Harris briefed the WRNMMC nursing team on how to achieve P2E designation. They explained WRNMMC's pillars and P2E standards are aligned, as well as P2E facilities are characterized by a health-care team in which nursing leadership is strong, policies reflect nursing input, and where a healthy environment calls for the best nursing practices.

"We have been on our journey since September 2016," said Navy Cmdr. Bridgette Ferguson, special assistant for P2E in the WRNMMC nursing directorate, which has adopted the theme "P2E, the Journey Begins with Me." She explained WRNMMC's nursing directorate has established teams focused on P2E standards, which include shared decision-making, well-being, professional development, quality, safety, and leadership, all surrounding a positive practice environment. The groups have taken steps to actualize the P2E standards to ensure nurses are a respected part of the interprofessional team and strengthen the roles of nurses at WRNMMC.

The WRNMMC pillars of quality, research, readiness and education, surround its priority of the patient being at the center of everything the medical center does.

Of the approximate 5,000 hospitals in the United States, the ANCC has designated approximately 150 as P2E organizations, said Doucette, vice president of Magnet Recognition and Pathway to Excellence Program for the ANCC. P2E has its genesis in the Nurse-Friendly hospital program, established in 2003 by the Texas Nurses Association to improve the workplace and positively impact nurse retention. The ANCC was able to expand the Texas Nurse-Friendly program into a national program, acquiring it in 2007 and renaming it Pathway to Excellence.



PHOTO BY BERNARD S. LITTLE

**During a July 17 meeting at Walter Reed National Military Medical Center, American Nurses Credentialing Center officials Jeff Doucette and Patience Harris brief the WRNMMC nursing team on how to achieve Pathway to Excellence designation, which recognizes health-care organizations that promote and sustain a safe, positive and healthy work environment for nurses, which leads to better outcomes for patients.**

Doucette, a nurse for more than 25 years, explained, "Pathway to Excellence guides the positive transformation of practice environments in multiple settings to build a global community of health-care organizations committed to nursing workplace excellence.

"It's really about building a great workforce," he continued. The P2E framework includes the following: fostering interprofessional collaboration; giving the frontline staff a voice; making staff feel valued and empowered; fostering frontline caregivers to be the drivers of quality initiatives; and creating a culture of sustained excellence.

"When [the ANCC] visits organizations, we like to look at what your current structure is, or how you expect your organization to perform," Doucette said. He explained WRNMMC's pillars (readiness, quality, research and education) have significantly helped to put the nursing team on its journey to P2E designation because of the pillars' similarities with P2E standards.

Harris, senior registered nurse specialist for the ANCC, further explained the P2E standards and what organizations seeking P2E designation are expected to achieve.

She said shared decision-making allows nursing staff shared governance and interprofessional collaboration to influence care delivery, workflow, hiring, product evaluation, as well as engages staff, builds teamwork and strengthens culture.

"Effective leadership fosters collaboration and a shared governance environment," Harris continued. "Leaders actively engage staff for input and serve as

advocates for their patients and staff," she added.

Safety encompasses the well-being of patients and staff, Harris said, adding that a safe environment prevents unnecessary accidents and violent incidents.

Quality initiatives develop and promote interprofessional collaboration, evidence-based research, improved outcomes and internal and external benchmarking, Harris explained.

Well-being emphasizes the importance of staff taking care of themselves so they are better able to care of their patients, she stated, adding that it's important that the nursing staff is actively involved in planning those efforts that promote work-life balance and effectiveness. This includes encouragement and recognition of achievements, contributions to improving population health and flexible scheduling. Well-being programs help organizations prevent exhaustion, cynicism and inefficacy among staff, thereby reducing burnout and promoting vigor, dedication and absorption for staff engagement, she continued.

Professional development includes "comprehensive orientation support and guidance of mentors and preceptors focused on staff members' individualized learning needs, clinical experience and ongoing education," Harris said.

She added that the overall benefits of adhering to P2E standards include the following: nurses feel valued and have a voice; there's an environment that supports quality nursing practice; and nurses become central to interprofessional collaboration.

"The best benefit of all is saving lives," Harris said.

She pointed out that the Cleveland Clinic Marymount Hospital, which has put into practice P2E standards, has witnessed a 46 percent reduction in hospital-wide patient falls, and 78 percent reduction in hospital acquired pressure injuries, an 85 percent reduction in specimen labeling errors and a 60 percent reduction in catheter associated urinary tract infections during the period covering 2012 to 2016.

On its journey to P2E designation, Ferguson explained the WRNMMC nursing staff has participated in a number of well-being initiatives including hospital-wide resiliency and wellness fairs, as well as fitness challenges for nursing team members.

She added the directorate also is practicing shared decision-making, with nurses sitting on boards for hiring actions in their units, as well as participating on other policy and procedure establishing groups within the medical center. In addition, team members participate in daily nursing huddles and interprofessional meetings. Members of the team have also produced

See **NURSING**

Page 7

## One Week Left to Donate to 'Feds Feed Families' Campaign

By Andrew Damstedt  
The Journal

A push to donate in the final days of the Feds Feed Families campaign is underway at Naval Support Activity Bethesda (NSAB).

As of Aug. 18, there have been 231 pounds of donations collected at the installation and donated to the Capital Area Food Bank, according to Religious Programs Specialist 3rd

Class Heath Steffey. This year's goal is to collect 500 pounds of non-perishable items

The last day for donations is Aug. 31. Donation boxes are located in Bldgs. 27, 62, the bottom level of the Navy Exchange and the Uniform Shop.

Items needed include canned or dry beans; are canned or dry beans; peanut butter; canned vegetables; pasta; brown and white rice; macaroni and cheese; hot and cold cereal; canned salmon, tuna or chicken;



canned fruits; juices, including juice boxes; and healthy snacks like raisins or granola bars, according to the food bank website.

Donations of fresh fruits, vegetables, herbs and nuts can be made directly to a local food pantry, which can be located at [www.ampleharvest.org](http://www.ampleharvest.org). Employees are also encouraged to take advantage of gleaning, which is clearing fields of unused produce to donate to food banks. Those opportunities are listed at [www.midatlanticgleaningnetwork.org](http://www.midatlanticgleaningnetwork.org).

For information about NSAB's participation contact the command chaplain's office at 301-319-5058.



# Providers Hone Skills During Medical Readiness Training Exercise

By Mark Oswell  
WRNMMC Command Communications

Standing in an austere examining room in San Pedro Sula, Honduras, Dr. Georgina Blasco, a clinical audiologist from Walter Reed National Military Medical Center knew this was where she belonged.

A native of San Juan, Argentina and fluent in Spanish, she was an obvious choice to lead the audiology team of this Medical Readiness Training Exercise to Honduras. "I love going, and it makes sense for me to go," furthered Blasco.

This was the third MEDRETE for the WRNMMC audiologist to the Hospital Leonardo Martinez. Working alongside ears, nose and throat (ENT) providers and anesthesiologists from WRNMMC, Blasco and the other 11 members of the team conducted more than 67 otosurgeries and saw 368 audiology patients (97 of which were hearing aid fittings) patients.

## The Mission

This particular mission, led by Army Col. Scott Brietzke, focused on patients with medical issues of the ears, nose and throat. As such, the team screened more than 800 patients, either in-person or from a chart review, to determine the 50 best candidates for ear surgery, according to Brian Humbles, a WRB ENT technician. As the patients were being screened, other members of the team expeditiously unloaded ten pallets of supplies and equipment and set up the operating room.

As the lead audiologist of a two-person team, Blasco and Army 1st Lt. Maggie Schad worked alongside a local ENT physician to see more than 380 patients between the 13th and 27th of May.

While in San Pedro Sula, the audiology team performed pre-op and post-op evaluations before and after surgery, hearing aid fittings, evaluations, hearing aid adjustments, hearing aid checks and limited hearing aid repairs.

## NURSING

From  
Page 6

a comprehensive book to inform staff of educational offerings at WRNMMC.

In May, the WRNMMC P2E safety team hosted a two-day event in May focused on pediatric and geriatric safety.

"P2E protects nurses, staff and patients' safety and well-being through policies and procedures taking into consideration patient acuity, environment, and proper transition in care," explained Army Lt. Col. Jacqueline A. Clements, WRNMMC P2E safety team coordinator. "Without taking care of our nurses, we can't take care of our patients, and we always want to have excellence in our hospital. We need to maintain open lines of communications to educate our staff and our patients in how to prevent [accidents]."

Ferguson agreed, adding members of the nursing directorate get their messages out through various means at the medical center including the base newspaper, newsletters, publications and social media, as well as Director of Nursing Services at WRNMMC, Navy Capt. Valerie Morrison, regularly hosts lunches to encourage the exchange of ideas for best practices and recognize the achievements of nursing team members. The directorate also recognizes its members monthly with the DAISY Award for Extraordinary Nurses.



PHOTO COURTESY OF GEORGINA BLASCO

**Dr. Georgina Blasco, a clinical audiologist from Walter Reed National Military Medical Center, shares a light moment with one of her young patient, Ramon, in Honduras.**

And although most patients came from the surrounding towns and villages, one particular patient traveled more than ten hours to meet with the WRB audiologists.

Blasco elaborated about the need to see ENT specialists in this area, as the lines to the hospital would sometimes form at 5 o'clock in the morning, "Patients would come in early in the morning, and wait for hours." Some Hondurans traveled from across the country to meet with the WRNMMC team.

## Ramon

In 2016, Blasco met Ramon Ayala, a 6-year-old deaf child from the area.

After meeting Ramon, she knew she had to help, even if only in a small way. Subsequently, she initiated a sponsor program wherein some of the WRNMMC providers sponsor one child a year to attend the Escuela Cristiana Para Sordos Esmirna, a private school for the deaf in San Pedro Sula. So far they've sponsored Ramon and another 6-year-old boy.

According to Blanco, she and Army Lt. Col. Amy Blank, the former director of audiology and speech center at WRNMMC each pay for one child's annual tuition, uniform and school supplies. Tuition also covers breakfast, lunch and sign language classes for parents. Now in his second year at the school, Ramon is no longer a shy young kid as noted by Blasco on her last visit.

"Seeing the difference that we've made in those two kids' lives is priceless," explained Blasco. "They gone from being shy, not being social, not looking happy... you know, like detached from the world" to "happy-go-lucky children."

Navy Cmdr. John Trask also did his own philanthropy and donated creams, eye drops, clothing and other items in support of two underserved children with severe skin, vision and hearing problems.

## Advice

Humbles, who had done the logistic planning for five prior MEDRETES, but was never able to go, was humbled as he finally got to experience firsthand how six months of detailed planning and organization, positively impacted those who the WRNMMC team saw in Honduras.

"It's really a blessing to have the opportunity to go on such a mission," explained the Florida Atlantic University graduate.

Having deployed twice before to Honduras, Blasco shared some advice for those considering, or being deployed overseas.

Of the three items that Blasco felt were critical to personal comfort, DEET insect repellent led her list, followed by medicine for potential gastroenteritis issues and sunscreen.

She also felt that the right mindset was just as important as what to pack. Learning more about the culture and cultural difference are huge, but her biggest advice would be, "To be open-minded and flexible."

## HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support (WWFS) is an independent nonprofit organization whose mission is to improve the quality of life for our combat wounded.

Earning Charity Navigator's highest four-star rating, WWFS serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

**CFC# 81534**  
**wwfs.org**



**WOUNDED  
WARRIORS  
FAMILY  
SUPPORT**  
WOUNDEDWARRIORSFAMILYUPPORT.ORG

Senior Airman  
David Anderson

94%  
GRADE ON LAST BIOLOGY EXAM

6%  
TIME SPENT IN THE  
AIR NATIONAL GUARD EACH MONTH

85%  
FREE TIME SPENT WITH GIRLFRIEND

100%  
PRIDE IN SERVING HIS COUNTRY

**MAKE A DIFFERENCE** — DISTRICT OF COLUMBIA —  
Experience the pride of serving your country and community while getting money for college - serving part-time in the Air National Guard.  
usaf.dc.113-wg.mbx.113wg-join-the-dcang@mail.mil

Speak with a local recruiter today by calling 240-857-5449.



# WRNMMC Staff Reflects On Women’s Equality Day

By Kalila Fleming  
WRNMMC Command Communications

August 26 marks 46 years since the U.S. Congress designated the date as “Women’s Equality Day” commemorating the 1920 adoption of the Nineteenth Amendment (Amendment XIX) to the U.S. Constitution. The amendment indicates, “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.”

In observance of Women’s Equality Day, staff at Walter Reed National Military Medical Center shared their sentiments regarding the commemoration and the impact passage of the Nineteenth Amendment have had on women’s equality.

“Women play an essential role in society, and our voices must be heard,” stated WRNMMC Director of Nursing Services Navy Capt. Valerie Morrison. “The relationship between man and woman was designed from the beginning for perfect equality; man and woman equal one,” she furthered.

“It is wonderful that women can serve in so many various fields, to include submarines,” Morrison continued. “It is also fabulous to see that women, and women of color, are holding some of

the highest positions. I am incredibly inspired that the Defense Health Agency is headed up by a female, Asian-American — three-star flag officer Navy Vice Adm. (Dr.) Raquel C. Bono, who is a dynamic, courageous leader.”

Franklin Abram, senior administrator in the Department of Neurology at WRNMMC, agreed Aug. 26 should be observed beyond its historical significance to its impact on equality. He noted the National Women’s History Project, which has helped lead efforts in recognition of women achievements, has stated, “The observance of Women’s Equality Day not only commemorates the passage of the Nineteenth Amendment, but also calls attention to women’s continuing efforts toward full equality.”

“[Women’s Equality Day] should be recognized by everyone because it is a landmark [date] in our country’s history,” Abram added.

Monica Hesham, nurse in the Pediatric Outpatient Clinic at WRNMMC, agreed. She stated, “[As a nation] we have not reached a point of equality, and it would be nice to observe and address issues [impacting full equality] that are still prevalent.”

“The fact of the matter is hundreds of thousands of people have gone through extensive lengths to get to where we are now,” said Navy Petty Officer 3rd Class Phillip Villegas. “Everyone should all be

able to exercise the simple freedoms that we have in life,” he added.

According to the U.S. Agency for International Development, when women participate in civil society and politics, governments are more open, democratic and responsive to citizens. Additionally, the USAID noted when women are at the negotiating table, peace agreements are more inclusive and durable.

“We have already seen significant changes within the military regarding women. The military has opened up more combat roles [to women],” stated Navy PO2 Bret Ramirez, leading petty officer for the Orthopedic Department.

In issuing the first presidential proclamation for Women’s Equality Day in 1973, President Richard Nixon stated, ““The struggle for women’s suffrage, however, was only the first step toward full and equal participation of women in our Nation’s life. In recent years, we have made other giant strides by attacking sex discrimination through our laws and by paving new avenues to equal economic opportunity for women. Today, in virtually every sector of our society, women are making important contributions to the quality of American life. And yet, much still remains to be done.”

In proclaiming Women’s Equality Day last year, President Barack Obama

stated, “Nearly one century ago, with boundless courage and relentless commitment, dedicated women who had marched, advocated, and organized for the right to cast a vote finally saw their efforts rewarded on August 26, 1920, when the 19th Amendment was certified and the right to vote was secured. In the decades that followed, that precious right has bolstered generations of women and empowered them to stand up, speak out, and steer the country they love in a more equal direction. Today, as we celebrate the anniversary of this hard-won achievement and pay tribute to the trailblazers and suffragists who moved us closer to a more just and prosperous future, we resolve to protect this constitutional right and pledge to continue fighting for equality for women and girls.”

Obama concluded, “No woman should earn less than a man for doing the same job — equal pay for equal work should be a fundamental principle of our economy and our democracy. Women make up roughly half of our workforce, and we need to invest more in affordable, high-quality childcare. We must strengthen paid sick, maternity, and family leave... And we must continue striving for fairness and opportunity when it comes to improving workplace policies, because we know that when women succeed, our economy and our country succeed.”

## STRESS

From  
Page 5

(PE), Cognitive Processing Therapy (CPT) and Eye Movement Desensitization and Reprocessing (EMDR), specific cognitive behavioral therapies, Brief Eclectic Psychotherapy, Narrative Exposure Therapy, and written narrative exposure as the most effective treatments for PTSD.

“Coordination of care is critical to address chronicity and comorbidities,” Hoge continued, adding, “We need to continue to explore novel treatment approaches, particularly reconsolidation paradigm.”

### Embedded Mental Health

Navy Lt. Cmdr. (Dr.) Russell Balmer agreed in discussing the benefits of embedded mental health services in deployed units. The Navy psychiatrist emphasized the importance of pushing behavioral health providers out with the force to help mitigate suicide risk and other mental health challenges faced by service members. He stressed care needs to be “proactive, preemptive and collaborative” with providers going to where the service members are located.”

Balmer, who served with the 2nd Marine Regiment, 2nd Marine Division OSCAR (Operational Stress Control and Readiness) Team, stressed the importance of embedding mental health providers with deployed service members which allows for more informed command decisions

and risk management plans, and moves care from a more reactive to proactive posture. “It’s that one team, one fight concept,” he said.

Air Force Maj. Geoffrey Oravec, chief knowledge officer at Uniformed Services University’s Center for Global Health Engagement, explained global health engagement is an important priority for the Military Health System in terms of ensuring the health and safety of warfighters, operation security, expanding military readiness, and building trust and professional medical relationships worldwide. “It’s something that we’re being asked to do [within the MHS] more and more.”

Oravec stated that mental, neurological and substance use disorders constitutes 10 percent of the global burden of disease, as well as are the leading causes of disability worldwide and results in lost economic output in the trillions of dollars. He added depression remains a global challenge affecting approximately 350 million people globally.

In discussing personal firearm safety, Navy Capt. (Dr.) James C. West, of USU, stated there are approximately 30,000 firearm fatalities in the United States every year. West, assistant chair of USU’s Department of Psychiatry, a scientist at its Center for the Study of Traumatic Stress and a fellow of the American Psychiatric Association, explained the majority of firearm fatalities in the U.S. are due to suicide or accidental firearm death. “The availability of a gun roughly doubles the likelihood of death by homicide and more than tripled the likelihood of death by suicide,” he added. However, he explained evidence suggests that adopting safe storage practices can reduce

the likelihood of deaths due to firearms. West, a psychiatrist, served embedded with Marine Corps units in Iraq and Afghanistan.

Marjorie Campbell, Ph.D., of DoD’s Deployment Health Clinical Center, Defense Centers of Excellence, concluded the symposium addressing combat attachment behaviors. She has conducted research into the phenomenon of combat attachment, which she explains “represents a hidden, under- recognized variable in treatment outcomes.” She defines combat attachment as “a pattern of habitually engaging in combat-related experiences for considerable amounts of time, accompanied by feelings of excitement or euphoria and physiological hyperarousal, with impairment in social or occupational functioning.” Campbell explained the initial research into combat attachment behaviors my lead to “developing and disseminating more effective treatment strategies.”

### Help

There are a number of contacts on Naval Support Activity Bethesda who are available to talk to about mental health services and suicide prevention, including the Fleet and Family Support Center at 301-319-4087; Walter Reed National Military Medical Center Behavioral Health at 301-295-0500; WRNMMC Department of Pastoral Care offices at 301-295-1510; NSAB Religious Ministries office at 301-319-5058; USU Family Health Clinic at 301-295-3630; or going to the WRNMMC Emergency Room.

Service members or veterans seeking help can call the Military Crisis Line at 1-800-273-8255 (press 1), text 838255, or visit [www.militarycrisisline.net](http://www.militarycrisisline.net) for a confidential online chat.



# NSAB is Eclipsed

Photos by MC2 William Phillips  
NSAB Public Affairs

Personnel Specialist 3rd Class Christopher Ruffin and Information Systems Technician 2nd Class Leona Beck, below, and Hospital Corpsman 3rd Class Ashley Lindstrom, right photo, observe the solar eclipse Aug. 21 at Naval Support Activity Bethesda (NSAB). NSAB was inside the path that was 80 percent eclipsed.



## NSA Bethesda NavyLodge®

Perfect for Families on PCS Orders



**“Navy Lodges are the official government lodging for PCS moves,” said Ana Herrera-Ruiz, General Manager, Naval Lodge NSA Bethesda.**



- Navy Lodges offers a safe environment for families to stay whether it’s for a few days or a few weeks.
- We offer a variety of spacious rooms including: Family suites with oversized rooms, living and dining areas, fully equipped kitchens, flat screen televisions with cable and DVD player and soft and firm pillow options.
- Handicap accessibility.
- Free Wi-Fi • On site guest laundry facilities, minimart and workout room.
- Free breakfast • Weekly manager’s reception to get tips and information on the area and base.
- Dogs and cats up to 50 pounds allowed, contact for more pet policies.

**Pick up a Navy Lodge scratch-off card today and  
You could earn a 10%, 15% or 25% discount or a free stay up to 20 nights.**

\*The discount is valid at all Navy Lodges in the continental United States until February 28, 2018. Guests may use only one discount per stay. Guests can pick up their scratch-off card on base at PSD, the housing office, household goods, the personal property office or NEX Customer Service desk. Scratch-off cards can also be sent to a guest by calling the Navy Lodge Reservation Center at (800) 628-9466.

**Room rates at an average of 45 percent below comparable civilian hotels.**

**For reservations, call (800) 628-9466 or go online at [www.navy-lodge.com](http://www.navy-lodge.com)  
8855 Stokes Road, Bldg. 52, Bethesda, MD 20889-5642**





MTM

From  
Page 3

members of the Chilean military, USNR and SOF medics. Another training option is the Just-in-Time MTM. This is also classroom-only and is typically a few days in length. This option has been highly successful for deploying or deployed units/commands, Flight Surgeons and Undersea Medical Officers.

Navy Medicine Professional Development Center is part of the Navy Medicine team, a global healthcare network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.



**Navy Medicine Professional Development Center and University Services University of the Health Sciences hosted the Military Tropical Medicine Course. The 2017 class, from July 5 to Aug. 11, was comprised of 86 personnel from the U.S. Army, Navy, Air Force and Reserve members. Coalition partners from Cambodia, Liberia, Peru, India, Tanzania, Canada and Thailand also participated in the class.**

The Smithsonian's  
National Air and Space  
Museum Presents

GE Aviation  
Lecture Series

A photograph of Heather Penney and John Penney sitting in the cockpit of a small aircraft. John Penney, on the left, is wearing a blue flight jacket and a NASA baseball cap. Heather Penney, on the right, is wearing a brown leather flight jacket and has her goggles on her head. They are both smiling at the camera. The cockpit interior is visible, including control panels and instruments.

**9/11 Perspectives**  
Heather Penney and John Penney • Moderated by Museum Deputy Director Chris Browne  
**Thursday, September 7, 8:00 pm, at the Museum in Washington, DC**  
6th Street and Independence Avenue, SW • [s.si.edu/9-11lecture](http://s.si.edu/9-11lecture)

The logo for the Smithsonian National Air and Space Museum, featuring a stylized sunburst or star symbol above the text "Smithsonian National Air and Space Museum".

SPONSORED BY

The GE logo, consisting of the letters "GE" inside a circle.



# SOCIAL MEDIA

## NSA BETHESDA



/mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

### DOWNLOAD OUR MOBILE APPS



Navy Life



NavyMWR NDW



NFAAS



Navy Fitness



## Morale Welfare & Recreation (MWR)

8/24	8 am	Disney on Ice Tickets now available at your Tickets and Travel Office, Bldg. 2, Room 1448
	11 am-1 pm	Warrior Café Cookout- Bldg. 62 patio
8/25	11 am-2 pm	Madagascar Luncheon @ Warrior Cafe
	6 pm	DC IMPROV comedy night-Bryan Callen
8/26	9 pm	Mayweather vs. McGregor viewing @USO (This event is only open to eligible USO patrons, dependents and caregivers.)
9/9	7:15 am	C&O Canal Bike Trip The group will be leaving from Bldg. 62.

For details & to register: [www.Navymwrbethesda.eventbrite.com](http://www.Navymwrbethesda.eventbrite.com)

### Fitness League Challenge - 9/5-12/21

MWR Fitness Center POC (301)-295-0031

### Kings Dominion Patriots Day- Sunday, September 10

Kings Dominion will open exclusively for Naval District Washington colleagues, family and friends. Special Pricing at [www.kingsdominion.com/save](http://www.kingsdominion.com/save) with username and password: **KDPATRIOTSDAY**- Free parking.

### 5<sup>th</sup> Annual FREEDOM 5K- Monday, September 11 11 am

MWR Sports Complex check-in begins at 9:30 am. Run/walk starts at 11 am. Active-duty **FREE**, All others \$5 All abilities are welcome. Register online by September 8: [www.nsabfreedom5k2017.eventbrite.com](http://www.nsabfreedom5k2017.eventbrite.com) Fitness Coordinator POC (301) 295-0031

### Armed Forces Olympics-Friday, September 22 9 am-1 pm

Form your team now! Event POC 301-319-7801

FREE registration: Active Duty: Contact PRT office 301-295-5502

Civilians: Go to [www.navymwrbethesda.eventbrite.com](http://www.navymwrbethesda.eventbrite.com)

Running relays, obstacle courses, 3 pt. shoot out, volleyball, tug of war-Team Trophies- Lunch will be provided for participants.

### Sprint Triathlon-Saturday, September 30

½ Mile Swim, 12.4-Mile Bike Ride, 3.1 Mile Run

Register and pay online by September 28 at

[www.nsaNSABSPRINTTRIATHLON2017.EVENTBRITE.COM](http://www.nsaNSABSPRINTTRIATHLON2017.EVENTBRITE.COM). Spots are limited for first 40 athletes to register. Check-in is at 7am.

## Liberty Center Bldg.11

\*Liberty patrons include Single Service members

E1-E6, WII, NMA &amp; Geo-Bachelors E1-E9

PH 301-319-8431

Virtual Gaming, Snacks, Movies, Computers, Pool Table

8/23 6 pm **FREE\***  
Marvel Movie Night8/25 6 pm **\$12\***  
DC Improv Comedy Night8/26 8:30 am **\$30\***  
GO APE Outdoor Challenge – ropes and zip-line course8/29 6 pm **FREE\***  
Co-Op Board Game Night8/31 3:30 pm-6:30 pm **FREE\***  
Liberty BLOCK Party-BBQ & Games!9/1 4:30 pm **FREE\***  
Commissary Trip9/6 6 pm **FREE\***  
Pool Tournament9/9 9 am  
Hiking Trip to Calvert Cliffs

(\*Liberty Only)

### Apartments Unfurnished

#### Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



### Help Wanted Full Time

**Administrative Assistant** with minimum of three years' experience to perform various administrative duties. Ability to work within a professional environment. Essential duties and responsibilities include general administrative support, proposal/ contract writing and social media and website management. Full time employment with benefits.

Please send resume to [info@bavengineering.com](mailto:info@bavengineering.com)

To place an ad  
Call 301-645-0900  
or visit us online at  
[classads@somdnews.com](mailto:classads@somdnews.com)

### Help Wanted Full Time

#### Manager of Inspections

The Town of La Plata is accepting applications for the position of Manager of Inspections. Successful candidates must be able to oversee the inspections of building and structures in all stages of construction, alteration, and repair to insure compliance with standard construction practices and Town ordinances. This position is responsible for the rental licensing program and reviews plans for public infrastructure and building code requirements and inspects/oversees the inspection of such. Hiring range \$54,510 to \$70,785 DOQ. Interested persons may obtain an application and supplementary information at the La Plata Town Hall, 305 Queen Anne Street, La Plata, Md or [www.townoflaplata.org](http://www.townoflaplata.org). The Town of La Plata is an Equal Opportunity Employer. Applicants need to submit a Town of La Plata employment application, a cover letter, and resume. Reviews will begin on September 5, 2017.

## Classifieds

CALL 301-645-0900

BUY SELL  
RENT HIRE  
TRADE SHOP  
SWAP FIND  
TO PLACE YOUR AD  
CALL 301-645-0900

## 3BR/2.5BA Home in Arlington, VA w/in Walking Distance to Metro & Close to DC



**SELLS TO THE  
HIGHEST BIDDER**

## Real Estate Auction

Friday September 8  
at 11 am

6434 22nd Street N  
Arlington, VA 22205

**Suggested starting bid  
\$250,000**

**Tour Fri. Sept 1  
at 11 am  
Kelly Strauss  
540-226-1279**

**NichollsAuction.com**  
VAAF 729

### MAKE A DIFFERENCE

Experience the pride of serving your country and community while getting money for college – serving part-time in the Air National Guard.

Speak with a local recruiter today by calling 240-857-5449.

DISTRICT OF COLUMBIA  
**AIR NATIONAL GUARD**

[usaf.dc.113wg.mbx.113wg-join-the-dcang@mail.mil](mailto:usaf.dc.113wg.mbx.113wg-join-the-dcang@mail.mil)





BUY SHINGLES FOR THE FRONT SIDE OF YOUR ROOF  
**GET HALF OFF**  
THE SHINGLES ON THE BACK SIDE!



A FREE UPGRADE *to* HIGH DEFINITION  
ARCHITECTURAL SHINGLES.

HONOR  
YOUR ROOF  
— *with* —  
**VALOR!**  
★ ★ ★

CALL NOW FOR A  
FREE ESTIMATE 240-654-0900



MHIC# 130246

Offer based on 20 squares of roofing with free upgrade to Timberline HD architectural shingles. Cannot be combined with any other offer.